

## Signs of High Blood Pressure - What Are The Signs Alerting Us We May Have Hypertension?

Another great remedy, that is also available in multiple forms, is garlic. One [StrictionBP Review](#) of the most disliked method for consuming garlic, is also the least popular since it requires you to eat whole cloves of garlic. Aside from giving you bad breath, raw garlic has a very strong taste. Garlic benefits can be found though, through supplements that lessen the taste and bad breath. Prescription drugs, especially blood thinners, can be affected by garlic, so be sure and discuss taking it with your doctor.

There are many benefits to be found from natural remedies such as garlic, and it can also help you control your high blood pressure. To sum up, hypertension is potentially life threatening and it has a variety of causes. However, because it is usually brought on by lifestyle habits and other things you can control, that means that you can usually use natural treatments to reverse it like getting more exercise and taking supplements. High blood pressure can be helped through all of the remedies discussed in this article. To be honest, though, it is the choices you make every day that most effect your blood pressure levels and the rest of your health as well.

If you think taking blood pressure is as easy as wrapping a piece of cloth around your arm and feeling it "give you a hug" as the nurses always say to kids, then you could really be putting your life in danger. I should know - I own a machine where I take mine myself at home and my parents both have high blood pressure and take medication for it. I've been researching this for my own personal usage, and I wanted to share it with others because it's a life or death situation. I'm going to teach you the best way to correctly take your stats and record it! Now to date, I haven't had a hypertension problem, but at age 40, I'm in a preventative mode to ensure I don't have to go on this kind of medication in the future.

If you do it yourself, instead of going to a doctor's office, you have to first educate yourself thoroughly because if you go into the doctor's office and tell them you're consistently having high readings, they could put you on unnecessary medication that could wreak havoc on your body. If you're not taking your readings the right way, you could overlook potentially dangerous high blood pressure, assuming it's lower than it is - when in reality, you're just doing it all wrong. And low readings can cause your body to feel ill just as much as high readings.

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